
HOW MANY CLOTHES DO YOU *REALLY* NEED?



PURPOSEFULLY PLAN YOUR WARDROBE

**KNOW WHEN TO DECLUTTER AND
WHEN AND WHAT TO PURCHASE**

HOW MANY DO YOU *REALLY* NEED?



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HOW MANY CLOTHES DO YOU REALLY NEED?

The purpose of these worksheets is to help you objectively determine how many clothing items you need for your current life.

There are many reasons you would want to critically determine your wardrobe needs:

- Your closet is too cluttered.
- You want to focus on budgeting for your wardrobe.
- You're concerned about the environmental impact of overbuying and fast fashion.
- You want to make getting dressed each day easier.

In completing the worksheets:

- Do not worry about how many items you *currently have*.
- Do not think about how many items you *think you want*.

These worksheets will walk you through determining about how many different types of clothing items you really **need**. Once you determine how many items you need, it will be easier to declutter and not to overbuy or impulse buy in the future.

In selecting your recommended number of clothing items, consider:

- How many items do you need for your current career and lifestyle?
- How many times do you rewear items before laundering.
- How often do you do laundry?

YOU ARE IN CHARGE OF DECIDING HOW MANY CLOTHES YOU REALLY NEED.

HOW MANY CLOTHES DO YOU REALLY NEED?

When you fill in the worksheets,

Do not worry about:

- What you currently own.
- Changes in sizes.
- What if situations.
- Items you're keeping out of guilt.
- What other people think you should have.

This process is all about YOU and YOUR needs.

Your objective evaluation determines how many clothes you actually need. Those numbers are helpful in guiding you in your future decision making.

Ultimately, *you are in charge* of your clothing decluttering and purchasing decisions

These worksheets are not restrictions on you, but guidelines. If you have a *legitimate* reason to maintain a number larger than your worksheet suggests, that's *your* decision.

While these guidelines do not prohibit adding additional items to your wardrobe, these guidelines should make you critically evaluate every decision you make to hold onto or add more clothing than you determine you need.

**MAKE EVERY PIECE OF CLOTHING YOU OWN
EARN ITS PLACE IN YOUR WARDROBE.**

HOW MANY CLOTHES DO YOU *REALLY* NEED?

It's advisable to take your time and really think about your needs for each category of clothing.

Fill in each target number and then wait a day or more and reevaluate each choice.

Ask an objective friend or family member for feedback on your decisions.

You can slowly declutter, working towards your target numbers. This allows you to determine how realistic your target number is as you declutter and move closer to it.

Once you determine the right target numbers for each type of clothing, use the one-in-one-out rule. If you bring a new clothing item home, you need to remove one from your wardrobe. This is an easy way to keep you within your self-determined guidelines.

Because life changes and your needs change, you should complete a new set of worksheets whenever you have a major life change or every 2-3 years.

YOU DESERVE A WARDROBE THAT MAKES YOU HAPPY TO GREET EACH DAY.

AND YOU DESERVE THE SPACE IN YOUR CLOSET TO ENJOY THAT WARDROBE.

HOW MANY CLOTHES DO YOU REALLY NEED?

Carefully consider how many of each item you *really* need. Consider your current lifestyle, your closet space, and your time for special handling laundry. This will provide rational guidelines when you begin to declutter.



JEANS

- _____ *Everyday*
- _____ *Dressy*
- _____ *Gardening/Camping*
- _____ *Light Color*
- _____ *Dark Color*



PANTS

- _____ *Work Formal*
- _____ *Work Casual*
- _____ *Capri*
- _____ *Lightweight*
- _____ *Heavyweight*



SHORTS

- _____ *Walking*
- _____ *Gardening/Camping*
- _____ *Lightweight*
- _____ _____
- _____ _____



SKIRTS

- _____ *Work*
- _____ *Winter*
- _____ *Summer*
- _____ _____
- _____ _____



DRESSES

- _____ *Work*
- _____ *Winter*
- _____ *Summer*
- _____ *Semi-formal*
- _____ *Formal*



- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____

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ATHLETIC WEAR

- _____ *Leggings*
- _____ *Shorts*
- _____ *Short-sleeve T-shirts*
- _____ *Long-sleeve T-shirts*
- _____ *Sweatshirts*



SHIRTS

- _____ *Work*
- _____ *Long-sleeve*
- _____ *Short-sleeve & Sleeveless*
- _____ *Short-sleeve T-shirt*
- _____ *Long-sleeve T-shirt*



SUITS & BLAZERS

- _____ *Work*
- _____ *Formal*
- _____ *Lightweight*
- _____ _____
- _____ _____



SWEATERS

- _____ *Turtleneck*
- _____ *Lightweight*
- _____ *Heavy*
- _____ *Cardigan*
- _____ _____



LEGGINGS & TIGHTS

- _____ *Lightweight*
- _____ *Winter*
- _____ _____
- _____ _____
- _____ _____



- _____ _____
- _____ _____
- _____ _____
- _____ _____

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UNDERWEAR

- _____ Bra
- _____ Panties/Underwear
- _____ Thermal Shirt
- _____ Camisole
- _____ _____



SOCKS

- _____ Work
- _____ Casual
- _____ Athletic
- _____ Winter
- _____ _____



SWIMSUITS

- _____ Swimsuit
- _____ Cover-up
- _____ _____
- _____ _____
- _____ _____



JACKETS

- _____ Lightweight
- _____ Hoodie
- _____ Rain
- _____ _____
- _____ _____



COATS

- _____ Lightweight
- _____ Winter
- _____ Ski
- _____ Formal
- _____ Rain



- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____

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HATS

- _____ *Formal*
- _____ *Baseball*
- _____ *Sun*
- _____ *Knit*
- _____ _____



PURSES

- _____ *Winter*
- _____ *Summer*
- _____ *Formal*
- _____ *Work*
- _____ _____



SCARVES

- _____ *Silk*
- _____ *Fashion*
- _____ *Knit*
- _____ _____
- _____ _____



GLOVES & MITTENS

- _____ *Everyday*
- _____ *Formal*
- _____ *Ski*
- _____ _____
- _____ _____



SHOES

- _____ *Summer*
- _____ *Winter*
- _____ *Work*
- _____ *Casual*
- _____ *Formal*



- _____ _____
- _____ _____
- _____ _____
- _____ _____
- _____ _____